

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

November 20, 2003

Commander's Forum

Base employee questions number of MPs at Yermo Annex gate

Page 2

The Way Teens Work

Understand the mindset of the young and restless.

Page 5

Medical Corner

Lt. j.g. Nixon takes a look at Alzheimer's awareness.

Page 6

Gunny's Picks

Comm Division Marine wins yet another base competition.

Page 10

Check out the Marine Corps Web site.

<http://www.usmc.mil>

Timelines set for BRAC 2005 process

By Rob L. Jackson
BARSTOW LOG staff

In a Nov. 15, 2002 memorandum Secretary of Defense Donald Rumsfeld directed that the process begin for the base realignment and closure (BRAC) round authorized by the Defense Base Closure and Realignment Act of 1990, as amended by the Fiscal Year 2002 National Defense Authorization Act.

In that memo, titled Transformation Through Base Realignment and Closure, Secretary Rumsfeld notes that BRAC is a means to achieve several goals:

- Eliminate excess infrastructure
- Reshape the military
- Pursue jointness
- Optimize military readiness
- Realize significant savings in

support of transforming the military

At a minimum BRAC 2005 should be the means by which DOD reconfigures its current infrastructure into one in which operational capacity maximizes both warfighting capability and efficiency, the memo stated.

Since the announcement of this new round of BRAC there have been numerous base closure and realignment lists, produced by so-called experts, posted on the Internet.

These lists should be ignored due to the fact that they are nothing more than pure speculation based on opinions.

To put it in perspective, the National Defense Authorization Act for FY '02 established the following milestones for the BRAC 2005 round:

-Dec. 31, 2003 – DOD publishes proposed selection criteria

-Feb. 16, 2004 – Final selection criteria is published, DOD submits a report to Congress with the FY '05 budget justification along with a comprehensive installation inventory and force structure plan.

-March 2004 – President nominates BRAC commissioners

-May 16, 2005 – Secretary of Defense forwards recommendations for closure and realignment to the commission, at which time the information will be available to the public.

-Sept. 8, 2005 – Commission forwards its report on the recommendations to the president.

The president will have until Sept. 23 to accept or reject the recommendations on an all or nothing basis and forward the recommendations to Congress.

Once the president forwards the recommendations to Congress, Congress will have 45 legislative days to act on the recommendations or they become binding on the Department of Defense.

In accordance with the BRAC statute, when considering installations for closure or realignment, DOD must consider all military installations equally, without regard to prior consideration for closure or realignment.

No official information has been released regarding which bases will be closed or realigned to date based on the established timelines listed for the BRAC process.

During the BRAC 2005 process, information will be released to the public through the media from the Office of the Secretary of Defense for Public Affairs as it becomes available.

Stand by ... fire!

By Lance Cpl. Andy J. Hurt
BARSTOW LOG staff

Though some may find it hard to believe, some Marines at MCLB Barstow are actually getting experience with operational forces.

Civilian Marines, that is.

An assessment team of Civilian Marines from Maintenance Center Barstow's Cost Work Center 729, small arms and artillery shop, recently traveled to Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., taking with them several high-tech electronic gadgets, gizmos and a computer to monitor the recoil units currently functioning on the M198 155mm Howitzer.

CWC 729 is responsible for providing depot-level maintenance and repairs on the M198s, as well as various small arms, keeping the weapons fully mission capable for Marines forward deployed in combat zones, as well as training in every corner of the globe.

The shop is also responsible for



Photo by Lance Cpl. Andy J. Hurt

Pfc. Timothy Walsh (far right) pulls the lanyard on the M198 for his first time, sending the wrath of the U.S. Armed Forces into a hill side in a direct fire manner during an exercise with CWC 729 at MCAGCC Twentynine Palms,

ensuring the weapons function according to standard specifications, said Doug Van Dyke, artillery and small arms repair supervisor at CWC 729.

And weapons function is what brought CWC 729 to work up the Marines of Kilo Battery, 3rd Battalion, 11th Marine Regiment, for a weapons shoot deep in the arid hills of 29 Palms on Nov. 13.

The day started on a brisk morn-

ing at the Enhanced Equipment Allowance Pool (EEAP) gun park where Marines from Kilo Battery had 12 M198s staged for the day's abuse.

Typical Marine Corps conversations were overheard ("How is that disrespect if he called you by your rank?").

The order for troops to inspect the weapons for transport, including checking the travel locks and tow pins,

came at around 7:30 a.m.

Without warning, a small fleet of Marine Corps 7-ton trucks arrived.

With sergeants barking orders passed down from a handful of staff noncommissioned officers, the troops quickly turned to, and within a moments notice, the "kings of battle" were on their way to the field.

See FIRE Page 8

BARSTOW LOG

<https://www.barstow.usmc.mil>

The Commander's Forum

The "Commander's Forum" is a tool of the base commander to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call the hotline at 577-6535 or send your concerns via e-mail to Forumc@barstow.usmc.mil.

GOT NEWS? If you've got something newsworthy, call the public affairs office at 577-6430.

Q 1. I know you have heard this many times, but can you please do something about the Yermo gate. The average worker gets off the freeway between 6:10 and 6:15 a.m. and is late pretty much every day. I don't see why we have only one Marine checking IDs. I don't know why we can't have two Marines all the time and just have one on weekends for overtime, other than that thank you.

2. We just attended our safety meeting where we were told if we were late we we'll charged leave.

The reason most people are late, and it's not just one or two, is the policy at the gate where there is only one MP checking ID's (or the idea of touching each ID).

How about making sure there are at least two Marines on the gate at all times and you will have a lot less late problems."

A The Provost Marshal's Office policy is to have two MPs at the Yermo Gate with two lanes open in the mornings during rush hour at the Maintenance Center. It's no secret that our current military police force has fewer personnel than authorized which results in periodic assignment adjustments to provide security for the entire base and the Marines accomplish everything ex-

pected of Marines. Be assured we are sensitive to everyone getting to work on time and since we will not trade off security for any matter, I recommend that you leave a few minutes earlier and allow a few more minutes for entry into the Yermo or Nebo Gates.

Another option, which not only saves time but also resources, is carpooling, this reduces the number of vehicles going through the gate and

speeds up access.

It is our policy to have two Marines on the MCB gate during rush hour. However, on those rare occasions when this isn't possible we ask that everyone understand the importance of the accomplishment of the base's security mission.

MCLB Barstow is renowned for its military and civilian integrated work force and it takes extra effort to keep this legacy alive.

Life is filled with emotions

By Lt. Cmdr. Randel Livingood
Base Chaplain



As a chaplain over the years I have heard many personal stories. Most of these stories touch my heart and elicit the desire to help. However, like most things in life "help" is a shadowy pursuit at best. Most of the

time when I "help" people it is in the form of listening and offering encouragement. In one particular instance, a person came to the office feeling lost and overwhelmed with life. The human condition simply means that there are times in our lives when circumstances beyond our control begin to overwhelm us. Sometimes, these events are precipitated by our own actions, which seem to make it even more emotionally difficult. Life is filled with these kinds of situations and one that seems to come up more often than not is that parents feel overwhelmed when new children arrive on the scene. The parents are already stretched to the limit financially and they are certain that all their time is already used up and do not know what they will do. They have made it

through the first few days or weeks running on adrenaline and at some point they finally hit the "wall" of reality that says 'this is what my life is going to be like for the future.' Certainly, that happens to all of us in one way or another and I like to use an example from the Christian Scriptures to illustrate a point. When I hear that story I am immediately cast back to a narrative in Scripture that is very well known to most of us. It is the story of Jesus in Garden of Gethsemane (Matthew 26:36-46). I hear the same anguish in the voices of those parents that I hear in Jesus' voice when I read that passage. It is indeed a dark night of the soul, when all seems lost. Certainly, you know what lies ahead just as our beloved Savior did. You know the work that is in store, the sleepless nights, the loss of personal time, and the desperation of needing time with God. As you stare all these challenges in the face, you are still faced the burden of carrying on, of doing what must be done regardless of the circumstances and frankly, it just doesn't seem right. I have often wondered how our Lord felt when his disciples fell asleep three different times when he was in his darkest hour? While his sweat became great drops of blood through the scrutinies of prayer, the disciples slumbered! How he must have felt as though he were carrying the entire burden of the world alone and still had care for his disciples on top of it all. The burden is mighty and at

See **CHAPLAIN** Page 9

Just doing my job ...



Photo by Cpl. Joshua Barnhardt

Thomas W. Schwann, heavy mobile equipment mechanic for Installation Division, checks the fluid levels on a government vehicle. Schwann has worked for Installation Division for about a month, but has 32 years of civil service under his belt. Schwann recently worked on the M1A1 tanks at Maintenance Center Barstow before changing jobs.

Chapel Services

Protestant Sun. 8:30 a.m.
Catholic Mass Sun. 10:30 a.m.

Morning Prayer in the
Building 15 Administration
Office Tuesday at 8:30 a.m.

Catholic Rosary

First Saturday of
every month.

3 p.m. at the Base Chapel.
For more info call
577-6849.

Episcopal Mass

Tuesday at 4 p.m. at
Building 406 in Yermo.
Thursday at 11 a.m. at the
Base Chapel.



Marine Corps Logistics Base Barstow, California
Colonel Ingrid E. Bergman, Commanding Officer

Public Affairs Staff
Public Affairs Officer: Bill Bokholt
Public Affairs Chief: Gunnery Sgt. John Cordero
Public Affairs Specialist: Rob L. Jackson
Editor: Cpl. Joshua Barnhardt
Correspondent: Lance Cpl. Andy J. Hurt
Correspondent: Pfc. Jenna Lassandro
Public Affairs Support Clerk: Bertie Dailey

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 15. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (661) 945-5634.

News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Thursdays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Lunch Menu

Lunch menus are subject to change.

Today: BBQ pork chops.

Friday: Hoki Fish.

Monday: Sphagetti and meat suace

Tuesday: Mongolian stir fry.

Wednesday: French dip sandwiches.

Thursday: Thanksgiving Brunch, Holiday hours only.

Lunch is served Monday through Friday excluding holidays. At the Family Restaurant from 10:30 a.m. to 12:30 p.m. and at the Cactus Cafe from 11:30 a.m. to 12 noon.

Active duty military \$3.25, all others, \$4.75. Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink.

Cactus Cafe serves hamburgers, subs, salads and other line items available for walk in lunch.

For other Family Restaurant lunch menu items, call in orders before 9:30 a.m. to the Family Restaurant at 577-6428.

Breakfast

Breakfast at the Family Restaurant is from 5:30 to 8 a.m. At the Cactus Cafe from 5:30 to 6:30 a.m.

Family Night Dining

Tonight - Honey touched fried chicken, vegetables, mashed potatoes and gravy, tossed salad, dessert, plus fountain drink of your choice.

Family night dinners are served at the Family Restaurant every Thursday from 4:30 p.m. to 7:30 p.m. Prices are \$6 for adults and \$4 for children 5 to 11 years old.

way widening project. Traffic fines may be doubled through the construction zone.

For more information, contact Holly Cress, CalTrans Public Information Officer at (909) 383-4631

Toys for Tots

This year Santa needs more help than ever in the High Desert. Many children face the prospect of finding nothing under the tree this year.

Your donation of a new, unwrapped toy can bring a more joyful Christmas to an underprivileged child. Collection points aboard MCLB Barstow are as follows.

Environmental Division
Headquarters Battalion
Headquarters Administration
Housing Office
Family Services Division
Human Resources Office
Public Safety Division
Maintenance Center Lobby
Branch Medical/Dental Clinics
Tees n Trees Golf Course
Warehouse 401
Family Restaurant
Communications Division
Base Maintenance
Fleet Support Division Lobby
Nebo Fire Dept.
Yermo Fire Dept.
Navy/Marine Corps Relief Society

Training Audio/Visual Support Center

MCCS Fitness Center

Toys for Tots locally is a Barstow community program that MCLB Barstow supports. On base collections are starting early again this year so the toys collected can be presented on the local telethon on Time Warner Cable channel six on Dec. 6.

For more information call the Nebo Fire Dept. at 577-6732/6866/6865

CWRA Turkey Giveaway

The CWRA Committee is sponsoring another turkey giveaway. There will be a drawing for eight \$15.00 gift certificates, two at each drawing, at Stater Brothers to purchase anything desired, "a turkey," on Nov. 20.

Winner's need not be present to win. The CWRA Committee members will circulate cans with the survey slips to be filled out.

There is no cost to the individual. Please include first name and last name printed clearly and work phone number.

The following CWRA Committee members and volunteers will have slips and cans available to fill out and participate in.

Dan Keirn	577-6614
Fred Molino	577-7210
Barbara Kent	577-7330
Barbara Kulseth	577-6771
Cliff Acles	577-6968
Bruce Rowe	577-7346



Wrayanne Huddleston	577-7346
Richard Tusing	577-6523
Vince Chavez	577-7580
Tangia Joseph	577-7230

Baker construction delays

The California Department of Transportation is paving a 6-mile segment of north and southbound Interstate 15 from Halloran Summit to Cima Road which started Monday, weather permitting, with an anticipated completion date of late November 2003.

Travelers may experience delays of up to 45 minutes during the hours from 6 a.m. to 6 p.m. Monday through Thursday.

Lane closures will be approximately 1.5 miles in length during paving operations. With cooler weather approaching, paving must be restricted to the warmest part of the day to facilitate the asphalt curing process.

Traffic is separated by concrete barrier with reduced lane widths for 20 miles just south of the paving project for the remainder of the construction.

Once complete in summer of 2004, the project will have constructed an 18-mile southbound truck-descending lane, re-paved all southbound mainline lanes as well as reconstruct the 18-mile northbound Baker Grade with long lasting concrete.

The speed limit is reduced to 55-mph throughout the 25-mile project limits from Baker north to Cima Road with a recommended speed of 45-mph through the detour.

The CHP can and will issue double fines for traffic violations through the

construction zone.

In addition to construction activity, truck traffic has increased 30 percent along the I-15 corridor compared to last summer combined with a 4 percent increase in passenger vehicle traffic over the same time period.

Motorists are advised to stay alert for slow moving truck traffic and congestion as a result of construction. If possible, plan travel during the hours after 6 p.m. and before 6 a.m.

Merging late into highway work zones may seem like a quick way to save some time, but the results can last a lifetime, or end one.

Your patience is appreciated during this freeway improvement project.

For more information, contact Holly Cress, CalTrans Liason, at (909) 383-4631

Shade Structure at Yermo

As of tomorrow, the MCLB Barstow provost marshal's office will be having shade structures installed at the Yermo Annex main gate.

The construction is expected to affect both the incoming and outgoing lanes. Both inbound lanes will be closed from 7:30 a.m. to approximately 5 p.m. The provost marshal's office will be re-directing all traffic through the outbound lanes. There will also be traffic cones placed, directing all vehicles which direction to travel. The provost marshal's office apologizes for any inconvenience the construction may cause. Please use caution and stay alert when driving through construction zones.

For more information, or questions, direct calls to Gunny Sgt. Nicholas Betlewicz, physical security chief,

at 577-6409.

FEHB Open Season

Federal employees will have an opportunity to elect a new health plan beginning Monday.

All information concerning health care providers can be viewed and/or downloaded by accessing the Office of Personnel Management, at www.opm.gov/insure/health to include health plan brochures, FEHB guides and the FEHB handbook.

Once an employee has made a decision on a particular health plan, changes must be made using the Employee Benefits Information System (EBIS) via the Internet or through the Benefits Line. The EBIS can be accessed at www.donhr.navy.mil or www.civilianbenefits.broc.navy.mil. The Benefits Line phone number is 1-888-320-2917. Both applications are available 24 hours per day, 7 days per week. All changes must be completed by midnight (PST) 8 December 2003.

For more information, contact the Human Resources Office at 577-6918.

Thanksgiving Brunch

Make reservations for Thanksgiving Brunch at the Family Restaurant for Thanksgiving Day. Brunch will be served from 9 a.m. to 2 p.m. Prices are \$10.95 adults, \$6.95 children 5 to 11 years. As always children under 4 years dine free. The menu includes: Bacon, sausage, omelets, pancakes, biscuits, rolls, baked chicken, fried chicken, sliced turkey breast, Baron of Beef with au jus carved on line, and apple cobbler and cherry cobbler pies. For reservations call 577-6428.

Southbound lane opens

The California Department of Transportation (CalTrans) will open approximately seven miles of a newly constructed southbound lane on Interstate 15 from Outlet Center Drive to Wild Wash Road.

The transition to the new lane started at midnight Wednesday and continued to 8 a.m. Thursday.

This marks a significant milestone in the I-15 southbound widening project between the cities of Victorville and Barstow.

Once complete, the project will have constructed an additional lane in each direction for the 28-mile distance between the two desert cities.

Motorists are reminded that for safety, the speed limit has been reduced to 60 mph throughout the free-

Interactive Customer Evaluation system implemented

By Anthony R. Rose
Business Performance Office

Just in time for the winter season, MCLB Barstow is about to go into the ICE age.

We're not talking about the current weather, but a cool system to provide its customers with a tool to let service providers on the base know how they are performing MCLB Barstow's mission.

The mission of the base is to provide infrastructure, services and support to Marine Corps forces, tenants, and other customers.

MCLB Barstow now has a system in place that allows its customers quick access to the folks who provide this infrastructure, service and support, and allows managers an avenue to see how well they are meeting the mission.

The ICE (Interactive Customer Evaluation) system is a Web-based system that allows customers to quickly complete an electronic comment card and send it to the manager of the service they just utilized.

The comment card consists of a series of questions that customers click on with their computer mouse to tell service providers how well their services were rendered.

The program started in Europe as a method to solve customer satisfaction issues.

Because of its success, ICE has evolved into a Department of Defense-wide initiative that continues to gain new sites on a constant basis.

There are many advantages to the program for both customers and managers.

Customers are able to directly communicate with service providers. If they want to make specific comments on the service or have an idea to make the service better, they may add the comments or ideas to the comment card either anonymously or request a response from the service manager.

The system can be accessed 24 hours a day, seven days a week, and since it is a DOD-wide system, customers can even rate the services received from other installations.

ICE also provides information such as phone numbers, hours of operation, and allows people to check if any special events are taking place at that service provider's location.

Managers can get a real-time look at what their patrons think about their services.

The time spent consolidating, coordinating, and averaging numbers on survey forms is gone.

Reports generated by the system allow tracking of the quality of service, comparison of services against other like entities throughout DOD, and lets service providers see how changes incorporated affect customer's quality perceptions.

The system is very easy to use. All that is required is a computer with Web access and a small amount of time. Go to <http://ice.disa.mil> and click on "Marine Corps CONUS," then click on MCLB Barstow and find your service provider from the different categories listed. An ICE link can be found on both the base intranet and the base Web page. The following service providers are currently in the system:

- PMO Operations Bldg 176
- PMO Criminal Investigations Division Bldg 236
- Physical Security Section Bldg 236
- Fire and Emergency Services Bldg 236
- Fire Department Admin Bldg 236
- Operations (Fire Department) Bldg 18

- Fire Prevention Bldg 18/437/236
- Training (Fire Department) Bldg 236
- Environmental Division Whse 3
- Installation Division Bldg 322
- Housing Branch Bldg 362
- Finance Office Bldg 15
- Budget Office Bldg 15
- Civilian Pay Unit Bldg 15
- Resource Evaluation & Analysis Office Bldg 15
- Public Affairs Office Bldg 15
- Wire Communications Bldg 15A
- Communication Division Bldg 170
- Official Communications Bldg 290
- Wireless Communications Bldg 374
- Human Resources (Civilian) Bldg 236
- Base Safety Office Bldg 236
- Administration and Support Department Bldg 15
- Civilian Management Support Division Bldg 15
- Manpower Management and Assignments Division Bldg 15
- Adjutant Davison Bldg 15

- Military Personnel Division Bldg 15
- Pass and Identification Section Bldg T117
- Training Audiovisual Support Center Bldg 204
- Marine Corps Community Services Department Bldg 302
- MCCS Business Operations Division Bldg 302
- MCCS General Support Division Bldg 319
- MCCS Personal Services Division Bldg 129
- MCCS Semper Fit Division Bldg 44
- Business Performance Office Bldg 15

Editor's Note:

If you have any questions, or would be interested in being added to this dynamic system, please stop by or contact Tony Rose at Building 15, the Business Performance Office, 577-6606, or e-mail him at rosecar@barstow.usmc.mil.

Suicide awareness p.2

By Pfc. Jenna Lassandrello
BARSTOW LOG Staff

If someone displays the warning signs of suicide, it is imperative that preventative action is taken immediately.

"As Marines we are responsible to and for one another. (We) must be able to recognize someone is at risk and have the courage to take action," said Staff Sgt. Joseph Johnson, the substance abuse counselor for the Marine Corps Family Services Division.

"The Navy and Marine Corps have created an acronym, AID LIFE, as a tool for (service members) to utilize in the event that a fellow Marine or sailor appears to display some of the risk factors for suicide," said Johnson.

A - Ask the person if they are thinking about hurting themselves or committing suicide.

I - Intervene immediately. Take action; listen and let the person know that he or she is not alone.

D - Don't keep it a secret.

L - Locate help. Seek out the officer on duty, command chaplain, physician, corpsman, friend, family member, crisis line worker or the emergency room.

I - Inform the chain-of-command. The chain-of-command can secure necessary assistance resources for the long-term treatment.

Suicide risk does not get better with

quick solutions.

Effective problem solving takes time, and the chain-of-command can monitor progress to help avert future difficulties.

F - Find someone to stay with the person and don't leave the person alone.

E - Expedite. Get help now, an at-risk person needs immediate attention from professional caregivers.

"There is no way to be sure unless one takes the first step to ask the person if he or she are suicidal. Having the courage to do so shows that person is cared about," said Johnson.

There are several resources available on base that can be utilized in the event a Marine or sailor is suicidal, said Johnson.

Some of these are the Marine and Family Services Division; the Branch Medical Clinic; the base chaplain, Lt. Cmdr. Randel Livingood; the substance abuse counselors, Gunnery Sgt. Ronald Cherry and Staff Sgt. Joseph Johnson; or the financial advisor, Master Sgt. Allyson Hedrick.

Editor's Note:

This is part two in the three-part series about suicide awareness.

Information in this article was taken from www.usmc-mccs.org/perssvc/prevent/suicide.asp.

GOT NEWS? *If you think you've got something newsworthy, call the public affairs office at 577-6430.*



Photo by Curt Lambert

CWO Kenneth Walker receives the Officers' Quarters of the Month honors and plaque from Base Commander Col. Liz Bergman for the month of September.

Teens: they all do it, they all GROW OUT OF IT!

Submitted by Betty A. Murphy
Marine and Family Services Counselor

Several years ago, as I was adjusting to having a young teen in my life and questioning my ability to handle the moodiness, insolence, disrespect, and impulsive behavior, which seemed to be inherent in today's teens, I remember being disappointed when my favorite cousin tried to console me with "They all do it! Just remember the years between 11 and 15 are the worst! But, they all *grow out of it*." My dismay over not having received a simple solution to my quest for an answer lessened slightly, however, as I knew that he had survived the process and that his daughter had developed into a thoroughly pleasant, friendly, responsible and reliable young adult. I continued on my way then, with at least the hope that my teen would also "*grow out of it*."

Although I tried to keep his advice in mind as my teen continued to make poor decisions, ignore rules, disregard authority and generally make family life unpleasant (to say the least), little did I know that research science was also seeking answers to the reasons why teens "*grow out of it*." This discovery came to me when I was given an article introducing me to the concept of the 'growing and changing' adolescent brain. It was then that I began to give some credence to my cousin's words of consolation.

Finally there appeared to be a rational, scientific answer to the question of why teens act the way they do. In an article published in the Chicago Tribune (Sept. 16, 2001) Ms. Joanne Trestrail reported on her interview with Michael J. Bradley Ph.D., author of the book, "Yes, Your Teen is Crazy: Loving Your Kid without Losing Your Mind" (Harbor Press, \$19.95). Dr. Bradley presented recent research findings on the developing adolescent brain and how that development might help to illuminate the reasons behind much of the adolescent's seemingly illogical behavior. I was encouraged by this knowledge and that encouragement was recently reinforced through an article in the local Daily Press (Oct. 19,

2003) written by Gordon Soholt of the Lewis Center in Apple Valley.

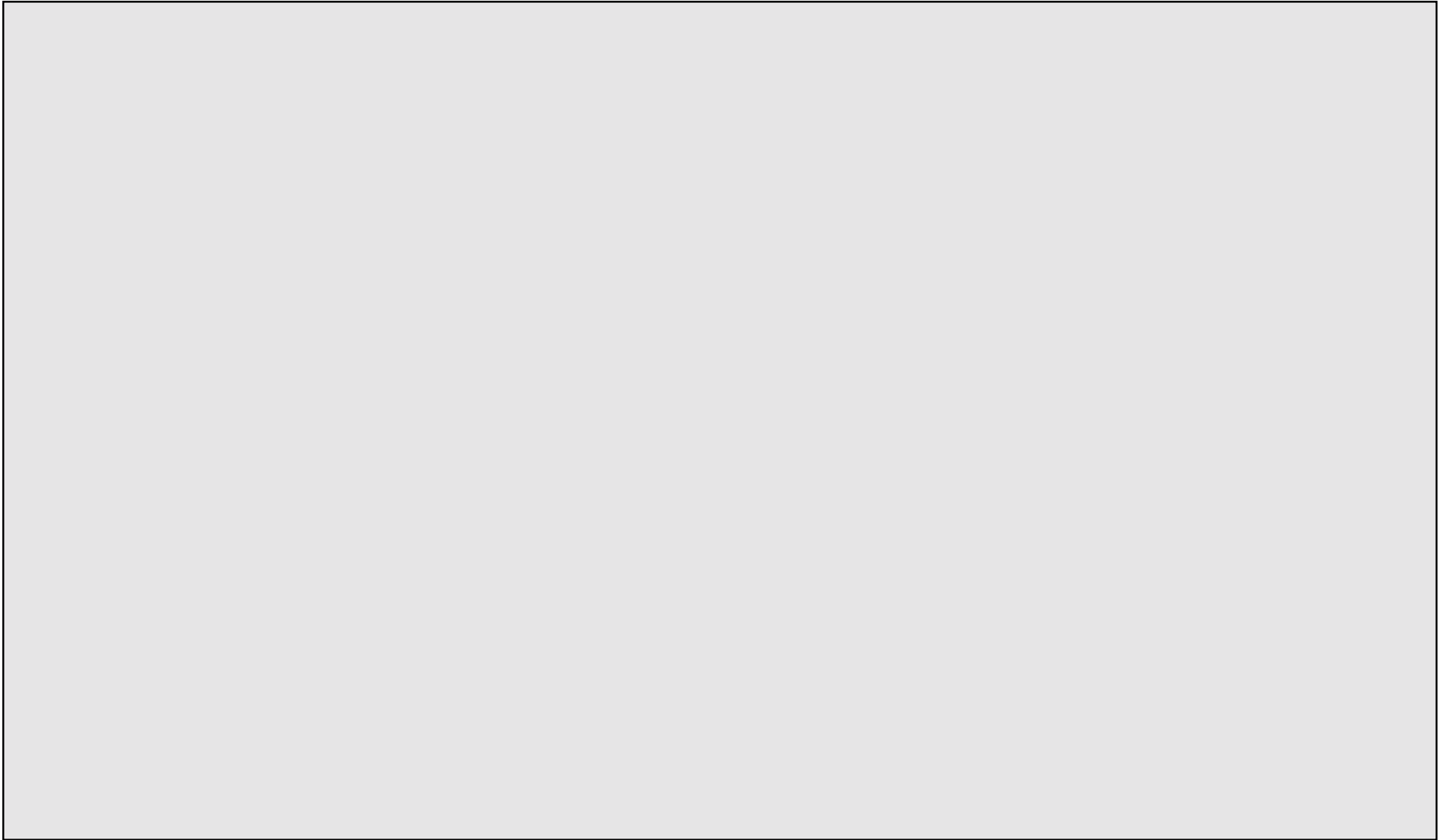
Both articles emphasize that recent scientific research indicates that although we once thought that most of the human brain is developed before adolescence, the teenage brain goes through a period of **massive reorganization** between the years 11 and 20. Research from the McLean Hospital Brain Imaging Center in Boston and the National Institute for Mental Health indicates that **the most critical part of brain develops 95 percent of its capacity in adolescence**. Specifically, the development takes place in the part of the brain which is often referred to as the "seat of civilization." This part of the brain has to do with making good judgments, moral and ethical decisions and reining in impulsive behavior. This is the area in which adults process emotional activity. In contrast, however, research has shown that the adolescent brain generally processes emotional activity in a different part of the brain. The teenage brain processes emotional activity in the part of the brain that deals with "gut" reactions, including the flight or fight response. It is no wonder then that the adolescent's decisions often lead to poor control over emotions, impulsive behaviors and often result in making dangerous decisions. And, as if developing ninety five percent of one's "seat of civilization" is not enough for adolescent brains, research also shows us that the "wiring" that connects all the parts of the brain explodes during this time as well. With this reorganization and restructuring of the brain occurring along with the development of the brain, it is no wonder that the teen often makes impulsive decisions that may result in dangerous behavior when faced with a crisis or an emotionally charged decision.

It is difficult to remember this insight into the developing teenage brain, however, when, at midnight, a parent discovers that the young teen has used the bedroom window as an "escape" from the safety of their home into the dark, deserted desert night. At those times, one might ask how does knowledge of the developing brain help us as parents cope

with this "out of control," dangerous and impulsive behavior? If we can depersonalize the seemingly rash and impulsive behavior and think of it not as a negative reflection or rejection of our parental values, but as the result of the impulsivity of the developing brain, it might serve to mitigate some of the immediate emotional pain we sometimes feel as parents. It might also help us to conceive of adolescence as the "toddler hood" of adulthood. This time of adolescent emotional change and growth is similar to the toddler's phase of physical development and growth. Whereas the toddler is struggling to master certain bodily functions with his developing body, the teenage is likewise struggling to master the emotional functions. Toddlers are bound to have "accidents" while undergoing this process and so, too, will the teenager. One might consider thinking of the adolescent years as the "emotional toilet training" of adulthood. Will they both make "messes"? Undeniably, "Yes!" and will they be difficult to deal with? Again, a resounding "Yes!" Just as the toddler will develop fewer and fewer "accidents," however, as his/her physical control improves and develops, so, too, will our teens have fewer "accidents" as their developing brains gain mastery over their emotional functioning.

Just as the toddler might look like a child and therefore be held to the expectations of a child, teenagers often resemble adults, especially when they grow taller than their parents! They, too, are often expected to behave and make decisions, as would an adult. Neither species, however, has yet gained the control necessary to do so. Their metamorphosis has yet to be completed. Adolescents are not yet "adults" but more accurately "big children" and try as they might, they have yet to achieve the growth and development necessary to make them capable of always making the safe, sane, rational and logical decisions of

See **TEENS** Page 9



Medical corner: November is Alzheimer's awareness month

By Lt. j.g. Danny Nixon
Branch medical clinic

November is National Alzheimer's awareness month so I would like to take this opportunity to discuss this serious and devastating disease. Unfortunately, we all probably know someone who has Alzheimer's – nearly 5 million Americans suffer from this disease. Scientists are making strides on a daily basis in fighting Alzheimer's but currently, it is not known what causes it and there is no cure.

Alzheimer's disease was named in 1906 after Dr. Alois Alzheimer, a German doctor who noticed changes in brain tissue of patients who had died of strange mental illnesses. He noted abnormal clumps of tissue in the brain – now known as plaques – and is considered signs of Alzheimer's disease. It is also now known by scientists that not only do abnormal plaques arise in the brain, but that neurons vital to memory and other mental functions also die causing impairment of thinking and memory.

Who is at risk for Alzheimer's?

-Alzheimer's disease usually begins after age 60, and the risk seems to increase with age. Currently, about 5 percent of people between ages 65 and 74 have the disease and half of people over age 85 may have the disease. Scientists also believe that genetics may play a role noting familial passing on of the disease in some patients. There is also increasing evidence that the same risk factors that predispose some individuals to heart disease, high blood pressure, high cholesterol, and low levels of folate may play a role in the development of this disease. In addition to studying genes and risk factors, scientists are also studying education, environment, and diet to learn what role if any they may play.

What are the symptoms of Alzheimer's?

This disease is a progressive ailment, which may go unnoticed for years. In the early stages, the only symptom one may have is mild forgetfulness such as trouble remembering recent events, names, activities, or familiar people. As the disease progresses, symptoms may

become more noticeable as the person does not think as clearly – such as forgetting to complete simple tasks like bathing or feeding oneself. At this stage, they may have problems with cognition such as speaking, understanding, reading, or writing. In later stages, persons with Alzheimer's may become anxious, irritable, aggressive, and may even wander away from their homes.

How is Alzheimer's disease diagnosed?

At specialized centers, doctors can usually diagnose Alzheimer's disease with up to a 90 percent probability. The doctors will usually test the patients' memory and cognitive skills and perform medical tests to ensure no other disease is causing Alzheimer's symptoms. It is imperative though that an accurate diagnosis is made early enough in the disease that the patient can still be a part of the decision making processes.

How is Alzheimer's disease treated?

See MEDICAL Page 10



Photo by Curt Lambert

Army Staff Sgt. John Lovito receives the Staff Noncommissioned Officers Quarters of the Month honors for the month of September. A plaque was presented by Col. Liz Bergman, Base Commander.

Great American Smokeout

By Brian Badura

Bureau of Medicine and Surgery PA

The Great American Smokeout is today and to assist MCLB Barstow tobacco users in their quest to quit, Staff Sgt. Joseph Johnson, substance abuse counselor, Marine and Family Services Division, will host a tobacco awareness class in the base gym from 3:30 to 4:30 p.m. today.

Every year, the American Cancer Society (ACS) helps tobacco users to quit. This year's Smokeout is Nov. 20.

"The Smokeout is a great opportunity to quit, because it offers a chance to do it with some support, which can be very important in the first days after giving up tobacco," according to Dr. Mark Long, program manager for Tobacco Cessation at Navy Environmental Health Center in Norfolk, Va.

Quitting tobacco is hard because it contains nicotine.

Nicotine is highly addictive and produces pleasurable feelings that make the tobacco user want more.

Over time, the user's body develops a tolerance to nicotine, which leads to increased tobacco use to maintain nicotine levels.

Smokeless tobacco delivers a higher dose of nicotine than cigarettes, making it difficult for users to quit.

According to the ACS, the average dose of nicotine for snuff is 3.6 mg, chewing tobacco is 4.6 mg and cigarettes is 1.8 mg. Many people already know cigarette smoking can cause lung cancer.

But many don't realize smoking also increases risk for cancer of the mouth, larynx, bladder, pancreas and stomach.

Smoking also causes respiratory diseases, such as emphysema and chronic bronchitis for up to 20 percent of smokers, according to the ACS.

Smokeless tobacco users expose themselves to many health risks, as well.

Gum recession and bone loss around the teeth may result from smokeless tobacco use.

Cancer of the mouth and pharynx can occur with prolonged use.

The ACS reports nearly 75 percent of daily users of smokeless tobacco had oral non-cancerous or pre-cancerous lesions. There are many ways to quit. Some people prefer to go it alone by quitting "cold turkey" or using nicotine replacement products, such as gum and patches. "There is also a lot of information available on quitting through tobacco cessation groups at military treatment facilities and also on the Web," said Long. Anyone who is serious about kicking the tobacco habit and an eligible can make an appointment at the MCLB Barstow Branch Medical Clinic with any of the providers, or with Lt. j.g. Danny Nixon. The providers can provide a prospective client with an evaluation and the medications to assist those wanting to give up tobacco. To make an appointment with a service provider, call 577-6491.

For more information about quitting tobacco, visit the ACS Web site at www.cancer.org or the NEHC Web site at www.nehc.med.navy.mil/hp/tobacco/index.htm.



Photo by Curt Lambert

September Enlisted Quarters of the Month honors went to HM1 Dezerre Thomas. Pictured here are her husband Richard and son, Trey. The award was presented by base commander Liz Bergman.



Photo by Lance Cpl. Andy J. Hurt

Doug Van Dyke, small arms and artillery repair supervisor at CWC 729, mounts sensitive data-collecting channel cells atop the recoil unit of an M198 155mm Howitzer during a weapons evaluation exercise with Kilo Battery 3/11 at MCAGCC Twentynine Palms, Calif.



Photo by Lance Cpl. Andy J. Hurt

Around 7:30 a.m., a small fleet of Marine Corps 7-ton trucks pulled up, allowing Marines from Kilo Battery 3/11 to prepare the weapons for travel, do a final inspection and load them up. A convoy of two Humvees and four 7-tons pulled the Howitzers deep into the hills of Twentynine Palms for the day's use and abuse.

(Right) Ammo carriers on the six-man gun crew prepare to load a 105-pound M203A1 "super eight" round, the maximum charges fired, into the breach of an M198 155mm Howitzer.

Photo by Lance Cpl. Andy J. Hurt

FIRE From page 1

Earlier this year, Van Dyke pointed out the wear and tear equipment burdens in field transit.

"These cannons are being pulled by 7-ton trucks. The drivers don't even feel them bouncing around," said Van Dyke. He leveled his palm to his waist and exclaimed, "I've seen (M198 Howitzers) bounce this high!"

Van Dyke noted that the only shock absorbers the cannons have in transport is the tires, oftentimes leading to cracked support brackets and broken welds.

From the gun park, the six-vehicle convoy, which included two Humvees and four 7-ton trucks, snaked its way into a desolate high desert valley.

The valley, said Staff Sgt. Ron Prescott, section chief with Kilo Battery, was a constant impact area for field training such as combined arms exercises (CAXs), as he pointed out several live munitions half buried in the dirt marked with little flags to indicate the possible danger.

The imminence of danger in possible live munitions spawned a "snakes and duds" briefing (Don't pick them up!) to one young lance corporal in the field that day.

But the firing proceeded as planned, as two test rounds of M107 high-explosive rounds were sent into a hillside in a direct-fire manner, followed by four M203A1 "super eight" rocket-assisted rounds, the maximum charges fired from the M198s, which shook the earth and knocked the wind out of the observing by-standers.

"We're putting the weapons to the extreme," said Prescott.

After the first cannon was fired, a minor setback in the day's schedule was brought on

by a "check fire" call, when flight hours being logged by two CH-46 Sea Knight helicopters and two CH-53s flew directly through the sight crosshairs, manned by the gunner and assistant gunner on the gun crew, setting the schedule back a few hours, allowing Marines to call in for MREs, trade peanut butter for cheese spread and charms for M&Ms, before the range was once again declared "hot."

The Marines of Kilo Battery snapped into action, prepping the remaining guns for live-fire, with civilians from CWC 729 mounting sensitive electronic equipment to each gun before firing.

The same six rounds were fired from each weapon, as data was being collected in a remote computer attached to the "war wagon," a Humvee-towed trailer rigged to occupy the on-board electronics, measuring the distance traveled, cycle timing and poundage of the recoil units per shot fired, said Van Dyke.

"It's the same as taking a tank out on the test track," he said.

The purpose is to monitor the recoil to prevent breaking the carriages and welds, also preventing excessive wear on the weapons, he added.

One by one, rounds were fired into the tired hills of 29 Palms, pock-marked with impact craters from the constant fire of M198s.

"We've shot these hills up for a number of years," said Van Dyke.

Just then, another "fire" command was given, with Marines plugging their already plugged ears and jumping back a few steps.

Van Dyke, a retired gunnery sergeant, stood perfectly still, arms crossed and eyes trained on the pluming smoke and super-sonic blast of the Howitzer.

"Good recoil," he said quietly.



Around the Corps

Marine F/A-18 Hornets halted in Thailand

By Cpl. Robert Wynkoop
MCAS Iwakuni

Marine Wing Support Squadron 171's expeditionary airfield operations section performed their first expeditionary aircraft arrestment Monday during the first phase of the Thailand Incremental Training Program here.

About a dozen Marines spent an entire day setting up the M-31 deployable arresting gear which had to meet strict specifications in order to safely stop a Marine Fighter Attack Squadron 332 F/A-18 Hornet, according to Chief Warrant Officer Todd Tarker, MWSS-171, expeditionary airfield operations and crash fire and rescue officer in charge here.

The M-31 is a medium to long range arrestment device that allows aircraft to stop on shorter runways by the way of a 90-foot-long cable stretched across the runway.

During landing, a Hornet's tail hook grabs the wire bringing the aircraft to an abrupt halt - similar to landing on an aircraft carrier. Once the aircraft is stopped, recovery Marines retract the cable and prepare for the next landing aircraft.

"It takes about 90 seconds from the time the aircraft hits the deck to the time the gear is ready for another trap," said Cpl. Charles Maddox, MWSS-171, expeditionary airfield operations Marine.

From draft and survey Marines to utilities Marines, successfully performing this mission required teamwork from everyone involved, said Tarker. However, thanks to a previous site survey here, the Marines were prepared to set the gear in place.

The force of the landing jet is so great, that recovery Marines have to anchor the gear to the ground. Using a jackhammer and four foot long cruciform stakes, Marines slowly and deliberately attached the M-31 firmly into the earth's crust.

Setting up the gear is time consuming and hard work in Thailand's 90 degree weather, but despite a little sweat, Tarker said he is proud of what his Marines have done.

The F/A-18 Hornet pilot who took part in the first deployed arrestment was the Moonlighter's Capt. Clint Weber.

"(Marine Wing Support Squadron 171) did a great job," Weber said. "This was a successful demonstration of setting up the equipment in remote location thus allowing us to sustain operations on shorter runways."

The arresting gear also comes equipped with a Fresnel Lens that helps pilots to land on the gear at night. Called "Flying the meatball," Tarker explained the pilots' term for the colorful lights that let them know if they are on target for a safe and successful arrestment.



Photo by Cpl. Robert Wynkoop

Sparks fly as a Marine All-Weather Fighter Attack Squadron 332 F/A-18 Hornet's tail hook skids across the flight line during a night landing. Similar to landing on an aircraft, the tailhook grabs a 90-foot long cable attached to the M-31 arresting gear.

Tarker said another highlight is that the gear can be set up in almost any location. "You can take this system and essentially put it on a dirt road and the gear should stop the aircraft."

An advantage to testing the gear

in a deployed situation, Tarker said, is that Marines in the air and on the ground gain confidence in each other and understand that in a hostile situation this gear can and will be put to use.

Currently the Royal Thai air force

F-16's that are participating in this bilateral training program will not be landing using the M-31 arresting gear.

The training program kicked off last week and is scheduled to last until the end of November.

TEENS From page 5

adulthood. Just as toddlers need their boundaries reinforced by parental guidance, teens, also, need clear and consistent adult role modeling to reinforce their boundaries. And just as toddlers need to be shown love and acceptance despite their "accidents", so teenagers do as well.

Open communication, firm boundary setting and appropriate role modeling are essential parental skills needed not only for our young maturing toddlers, but for our young, maturing adolescents as well.

The following suggestions are being offered in hopes of assisting parents in coping (and staying sane as well!) while journeying through adolescence with their offspring:

1. *Avoid pampering!* Do nothing regularly for teens that they can do for themselves.
2. *Recognize that parents and teens are of equal human worth.* Remember that mutual respect and mutual trust are the basis for an equal relationship.
3. *Recognize that only by changing themselves,* can parents have the capacity to create change in relationships with teens.
4. *Help teens to understand* that independence and responsibility go together.
5. *Stop attempting to control* - stay out of

power struggles. Remember that parental force invites resistance.

6. *Develop realistic expectations* that permit teens to establish their own standards.

7. *Seek to create a relationship* in which teens are stimulated to pursue the positive goals of cooperation, involvement, self-reliance and responsibility.

8. Consider responding to teens' needs for:

Attention - by acknowledging Positive Behavior - "Surprise them being good!"

Power - by bowing out of power struggles. Let the teen experience the consequences of the misbehavior. Seek to win your teen's cooperation by enlisting your teen's help, opinions and suggestions.

Revenge - by avoiding hurt feelings. Instead of seeking revenge yourself, work to build a more trusting relationship.

Display of Inadequacy - by stopping to criticize. Instead, encourage any positive efforts the teen might make.

My personal story has a "happy ending", by the way.

My teen, who is now fifteen has discovered the joy of excellence in school, exercising good judgment in making friends, is respectful, helpful, polite and kind.

If I had just relaxed and listened to my cousin's advice several years ago, I might

have prevented a few wrinkles on my face!

I must admit, however, that it was the research-backed information concerning the physiological development of the teenage brain that gave me some hope and allowed me to live through the years when she was "growing out of it".

The following Web sights might be helpful in establishing and maintaining healthful teen/parent relationships:

-The Military Family Resource Center - <http://mfrc.calib.com>

-Teens on the Move: <http://dticaw.dtic.mil/mtom/>

-Dr. Jennifer Kerpelman's Homepage at Auburn University:

<http://www.aces.edu/teens/parenteen/>

Locally, please remember that Marine and Family Services is located in Building 129 on Base and is here to serve you.

Marine & Family Services' hours are 7 a.m. to 3:30 p.m. Monday through Friday. Marine and Family Services' can be reached at 760) 577-6533.

CHAPLAIN From page 2

moments overwhelming, but that is when victory always seems to arrive. Just as Jesus found himself able to pray for the will of the Father so must we also pray. It is in that moment of surrender to the will of God that strength will come. It is at the moment when all seems lost and when everyone seems to have deserted us that we can realize the freedom and joy of doing God's will. When Christ relented in his search for a way to avoid the cross, he found the strength to face his accusers. He knew that God would grant the strength for him to complete the work he had been given. The same is true for us. When we can stop looking for a way of escape from the road God has us walking and simply accept our journey then we can see past the torture of the cross and catch a glimpse of the victory of resurrection. We will be able to see past the sleepless nights, endless drudgery of work, and the physical distress and see that God is using us to form the creation he made through us into a gift dedicated to God and our joy will return.

GOT NEWS?

If you think you've got something newsworthy, call the public affairs office at 577-6430.

MEDICAL
From page 6

The course of Alzheimer’s varies in person to person and patients usually live 8-10 years after they are diagnosed, though the disease can last up to 20 years. There is still no cure or treatment for the disease but there are medications, hormones, and vitamins that have been shown to slow the progression down of the disease. Some newer medications treat the behavioral symptoms also. Many medications are currently being researched through clinical trials. To learn more about services, support groups, research centers, and publications concerning Alzheimer’s, please contact the following:

Alzheimer’s Association – 225 Michigan Ave, Suite 1700, Chicago, IL. 60611 3900-3900-3900-3900
Website: www.alz.org
Alzheimer’s Disease Education and Referral (ADEAR) Center – P.O. Box 8250 Silver Springs, MD 20907 4380-4380-4380-4380
Web site: www.alzheimers.org

FEMA offers fire assistance

The Federal Emergency Management Agency is offering disaster assistance for homeowners, renters and business owners affected by the recent California wildfires. FEMA began offering this assistance Oct. 21 and has given people affected by the fires 60 days from that date to apply. To apply call 800-621-FEMA (3362), for the speech and hearing impaired call TTY 1-800-462-7585. When calling the following information must be provided:

- A phone number in case FEMA has to return the call
- Social Security number
- Current mailing address
- Address of the damaged property and a brief description of the damages
- Insurance information (if covered)

Government disaster assistance covers basic needs only and will not normally cover the entire loss.

For homeowners with insurance coverage, the government may help pay for basic needs not covered under the insurance policy.

Some disaster aid does not have to be repaid while other forms of help may be in the form of loans.

Individuals eligible for disaster assistance may choose to have the assistance check deposited directly into their bank account. For more information call the aforementioned phone numbers.

GOT NEWS? *If you think you’ve got something newsworthy, call the public affairs office at 577-6430.*

Gunny’s Picks

Week 12



Congratulations to Lance Cpl. Brian Bannister, computer specialist at Communications Division, winner of this week’s Gunny’s Picks. Bannister went 13-2, not including the Monday Night game, and with his victory enabled the MCLB men to take the lead away from the women for the first time this season at 6-5. Bannister originally from Solvang, Calif., is a first-time winner this season and said he didn’t get a chance to watch any of the games last weekend. Maybe this week he’ll get to see his Tampa Bay Buccaneers beat up the NY Giants on Monday Night. The Dallas Cowboys may be looking at its second straight loss after going head-to-head with the Carolina Panthers. Also look for the Baltimore Ravens to send the Seattle Seahawks home with a loss as well. Here are the rest of pairings for Week 12.

- | | |
|-----------------------------|-------------------------|
| *Indianapolis @ Buffalo | *New England @ Houston |
| Pittsburgh @ Cleveland* | *St Louis @ Arizona |
| *Carolina @ Dallas | Chicago @ Denver* |
| Detroit @ Minnesota* | *Cincinnati @ San Diego |
| Jacksonville @ NY Jets* | Oakland @ Kansas City* |
| New Orleans @ Philadelphia* | *Tennessee @ Atlanta |
| San Francisco @ Green Bay* | Washington @ Miami* |
| Seattle @ Baltimore* | |

Monday Night

Giants at Tampa Bay*
Total points:_____

Name, work section and phone number: _____
Monday night’s game is a tie-breaker and must include a total score.

Seat Belt Crackdown

Campaign targets teen-agers, adults

Submitted by
Base Safety Office

As the national safety belt use rate jumped to 79 percent, it is clear that more and more Americans are aware of the dangers of driving without a safety belt. Unfortunately, teens and young adults are many of the 59 million Americans still tempting fate and driving unbuckled. So, how do we get teens and young adults to buckle up when they think tragedy won't happen to them? It's simple, surround them with the strong message, "If you won't buckle up to save your life, then buckle up to save yourself a ticket," and back it up with a strong enforcement push which includes conducting seat belt and child safety seat check points, saturation patrols and special enforcement activities. That's exactly what's going to happen this Thanksgiving holiday as more than 13,000 law enforcement agencies in all 50 states launch *Click -it-or-ticket*, a nationwide law enforcement effort to protect young people and others from the leading risk they face, traffic crashes. The two-week enforcement wave is based on a proven public health model to increase belt use called "high visibility enforcement."

MCLB Barstow PMO will join more than 13,000 law enforcement agencies in *Click -it-or-ticket*, which runs from November 17 – 30. "Failure to wear a seat belt is against the law in this state. We enforce this law because it's the best proven way to save lives. If you won't buckle up to save your life, then buckle up to save yourself a ticket," said Staff Sgt. James Daly, PMO Watch Commander."

The high visibility enforcement model of *Click -it-or-ticket* is based on years of research showing that for most people who don't wear seat belts – especially young people – the possibility of receiving a ticket is a more credible incentive than the threat of injury or death. Safety messages don't work. Enforcement messages, backed up by strong enforcement activities, do. That's why the California Highway Patrol, San Bernardino County Sheriff's Department, Barstow City Police and MCLB Barstow PMO will be conducting saturation patrols, conducting seat belt and child safety seat checkpoints and issuing tickets from November 17-30. By buckling up their seat belts, teens and young adults could save more than just money from hefty fines; they could save their lives.

New base housing funding scheduled for FY-2006

By Pfc. Jenna Lassandro
BARSTOW LOG staff

Many residents of MCLB Barstow have seen the vacant and closed homes in the Desert View housing complex.

This may have led to the pretense that new base housing is on the way. And it is, but not for a few more years. Probably not until most of the current residents from MCLB Barstow have moved on from here.

The Desert View homes are being demolished because there are more than enough houses on MCLB Barstow, said Navy Cmdr. Jeff Johnston, the director for the Installations and Logistics Department.

So by the end of 2002, 177 homes from the Eniwetok and Desert View areas were vacated.

The Eniwetok homes were demolished earlier this year, and the Desert View demolition is slated to be finished in the summer of 2004.

Currently, 143 houses of the 166 houses in Desert View Housing are occupied.

Depending on the condition of

the base housing, population and functions of the base, Headquarters Marine Corps in Washington, D.C., will award major funding for new base housing to Marine Corps bases as needed, said Johnston.

Funding for new base housing is not scheduled until fiscal year 2006, and is estimated at \$22 million per every hundred houses built.

The current housing plan includes a new location on the north side of Interstate 40 so that the residents are closer to the facilities on base.

The houses on Club Street will not be part of the project as of now, said Johnston.

Even though the current houses are nearing 50 years old and are growing close to the end of their serviceability, it is just as important to continue maintaining them, said Johnston.

"The houses are what we were dealt, and we can't change that. But what we can do is provide a good neighborhood and community."

The goal is to have good, solid, efficient, effective homes, through keeping up with the repairs and

maintenance, said Johnston.

"One thing that the residents in base housing can do to get better maintenance is lower their use of utilities," stressed Johnston.

In fiscal year 2003, gas, electric, sewage, and water bills cost an estimated \$41,000 per house.

"If even (the community) could cut that by 10 percent, that would mean an extra \$58,000 to go towards things such as fixing corroding sewer lines, replacing more refrigerators, or repairing a few more roofs," said Johnston.

A good way to get and give information pertaining to the community is attending the Town Hall Meetings, which are held on the third Wednesday of every month at the Youth Activities Center, said Johnston.

"Because it is a small base, it is easy to give case-by-case attention to any problem there might be."

The Town Hall Meetings for November and December have been cancelled.

The next meeting is scheduled for January 2004.



By Jim Gaines
MCCS Publicity

Gift ideas at Super Seven Store

For great gift ideas drop by your Super Seven Store and check out these Christmas bargains.

Watches - Save 20% off already low priced Timex watches for men and women. MZ Berger, your choice boxed watch sets ladies' or men's \$29.99.

Remington shavers - Smooth & Silky rechargeable shaver \$36.99, Ultra Smooth Bump Control Shaver \$49.99, Titanium MicroScreen Ultra

Razor or Titanium MicroFlex Ultra Razor \$69.99 Tommy Hilfiger ladies' bags \$19.99, your choice of Mini Hobo, Black Pocket framed bag, Red Pocket framed bag or Barrel Bag. All gift boxed and ready to go. Personal TV, 5.5" black and white with AM/FM tuner, 3-way power source, AC adapter & 12V DC car/boat adapter. A perfect gift for him or her.

The Super Seven Store is open Monday through Friday 6:30 a.m. to 9 p.m. Saturday 8 a.m. to 9 p.m. Sunday 10 a.m. to 6 p.m. Check for special holiday hours. For more information call 256-8974.,

MCCS THANKSGIVING

Holiday Hours

The Super Seven Store: Wednesday, Nov. 26 6:30 a.m. - 9 p.m.

Thursday, Nov. 27 10 a.m. - 4 p.m.,

Friday, Nov. 28 6:30 a.m. - 6 p.m.,

Saturday, Sunday, Nov. 29&30 10 a.m. - 6 p.m.

The Base Gym: 8 a.m. -3 p.m.

The Family Restaurant: Thanksgiving Brunch 9 a.m. - 2 p.m.

Tees n' Trees Golf Course: 7 a.m. - Sunset

All other MCCS facilities will be closed